

Trampoline Bounce Board

Safe use of the Bounce Board



Caution

Inappropriate use or abuse of this Trampoline Bounce Board is dangerous and can cause serious or fatal injuries. Please read the complete information before using this board:-

1

Please use the board only on the trampoline.

2

Do NOT attempt or allow others to attempt somersaults. Landing on your head or neck can lead to serious injuries, paralysis or death- even if you land in the centre of the mat.



3

Do not allow more than one person on the trampoline at any one time. Use by several persons at the same time can lead to serious injuries.



4

Do NOT use the Bounce Board if you are under the influence of alcohol, drugs or medicines.

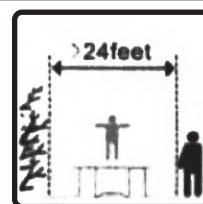
5

Do not wear jewellery, hooks, buttons or other protruding articles that could contact the board (danger of injury).



6

Use the board only under the supervision of an expert adult supervisor.

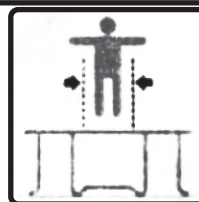


7

To stop: pull your knees up when your feet (board) come into contact with the mat. Practise stopping the jump with the board before attempting other exercises.

8

Always jump in the center of the mat.



9

Users of the trampoline and the Bounce Board should be over six years old.

10

A safety barrier is urgently recommended! A safety net, gum shield, helmet and protectors for wrists, knees and elbow are recommended for the trampoline in conjunction with the use of a Bounce Board.

11

Jump carefully up and down to get a feel for the board.

12

Sit in centre of the trampoline and fasten the foot loops. Bend forward to the knees in order to stand up.

13

Practice the stop jump. Pull your knees up when you come into contact with the mat.

14

Only start to practice tricks when you feel well and safe. Please do not attempt somersaults, flips or backflips. By doing so you increase the danger of head and neck injuries, which can be very serious (paralysis or even death).
EXTREME tricks AT YOUR OWN RISK!



15

Never remove the Bounce Board in the middle of a jump. Kneel down or sit on the trampoline mat to remove the board. Undo the foot loops and climb down from the trampoline. Never jump off a trampoline or jump into a pool or jump off a roof onto a trampoline. Never use a trampoline if it is wet and therefore slippery.



16

Keep the board out of the reach of children and animals.

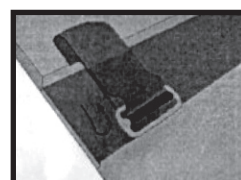
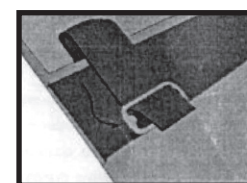
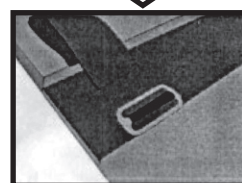
Dear parents: children should not use the board alone!



You increase the risk of serious injuries if you do not adhere to these guidelines!

Using the Bounce Board

Fastening the Bounce Board:



The description shows a typical application.
Your model may differ from the drawings.